

For the Family:

Monthly support group

- Monthly park play day
- Hands-on workshops
- Parenting support
- Respite sharing
- Referrals
- Video & audio tapes
- Books and handouts
- Interactive networking
- Individual consultation
- Field trips in community
- School advocacy

For the Professional:

- Seminars
- Consultation
- Printed materials
- Videotapes

For the Student:

- Brochures for presentations
- Research references
- Handouts for students

For the Community:

- Lending library
- Videotape reviews
- Prevention Workshops
- Intervention Strategy Workshops
- School programs
- Teacher support
- Newspaper reprints
- Awareness Day September 9th
- Internet web page

FAS Community Resource Center Mission Statement

The mission of the FAS Community Resource Center is to improve the well being of the persons and families in the Tucson, AZ area who are challenged by alcohol related birth defects by providing education, information, and support which will empower individuals to succeed in life, encourage families to thrive in a healthy environment, and to spread understanding throughout the community about the special needs of persons affected by prenatal exposure to alcohol.

The FAS Community Resource Center is also committed to educating the community about the dangers of drinking alcohol during pregnancy in an effort to minimize the damaging effects of prenatal exposure to alcohol to promote a healthier community where babies can be born free from the devastating effects of alcohol.

"Unlike many birth defects which are identified at birth and often treated surgically, FAS and FAE are usually over-looked at birth and treated later by mental health specialists - often unknowingly." -- Ann Streissguth, PhD

FAS Community Resource Center

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Providing prevention and intervention information to educators and providers in the community, and support and advocacy to families and individuals coping with the alcohol related birth defects: Fetal Alcohol Syndrome (FAS), Fetal Alcohol Effects (FAE), and Alcohol Related Neurodevelopmental Disorder (ARND).

www.fasstar.com
www.fasarizona.com

What is FAS?

FAS or Fetal Alcohol Syndrome is a group of birth defects resulting from a mother drinking alcohol during pregnancy.

Babies with FAS may be small at birth and may have sustained damage to the central nervous system resulting in developmental delays, learning disabilities, lower IQ, and have behavior and mental health problems which continue into adulthood. Most persons with FAS require support services.

What is FAE?

FAE or Fetal Alcohol Effects refers to some but not all of the symptoms of FAS. Children with FAE may appear to be normal physically, and may have normal IQ, but still sustain permanent damage to the central nervous system that results in learning disabilities and behavior difficulties.

Children with FAS and FAE may be hyperactive, have poor attention span, difficulty learning from consequences, poor judgment, inability to control their impulses, are at risk for problems in school, employment, and alcohol/drug abuse, and are susceptible to physical and sexual abuse. Due to neurological impairment, they require a structured, stable environment with consistent supervision and cuing throughout life.

"Statistics on FAS/E only reflect the more extreme end of the spectrum. Most of the damage goes undiagnosed, but not unpunished." -Bruce Ritchie, *Fetal Alcohol Support Network*

FAS/E - the Facts

- FAS is the leading known cause of mental retardation in the U.S. (Journal of American Medical Association).
- Most people with FAS have "normal" IQ but have serious behavior problems
- Estimated incidence of FAS is now 2-3 per 1,000 live births (Center on Addiction & Substance Abuse, 1996).
- 20% of women drink during pregnancy (Center on Addiction Substance Abuse).
- Alcohol causes more serious neurological damage to the unborn baby than all illicit drugs, including cocaine, heroin and marijuana (Institute of Medicine).
- Each year 5,000 U.S. babies are born with FAS. As many as 50,000 babies are born with FAE (March of Dimes)
- The cost of caring for one child with FAS is \$1.4 million over the child's lifetime. The cost to U.S. taxpayers for FAS is \$321 million each year.
- There is no safe level of drinking during pregnancy (US Atty General).
- Even one-two drinks/day can cause decreased birth weight, growth abnormalities & behavior problems (Alcohol Problems in Women, 1984).
- Risk of FAS in alcoholics: 35%
Risk of FAS from social drinking: 10%
Risk of FAE from any drinking: ?
- FAS has no cure.
FAS lasts a lifetime.
FAS is 100% preventable.

FAS Resources

Fantastic Antone Succeeds! Kleinfeld, J.M., Wescott, S. (Eds.), 1993, U. of Alaska Press, (907)474-6389.

Fantastic Antone Grows Up. Kleinfeld, J.M., Wescott, S. (Eds.), 1993, U. of Alaska Press, (907)474-6389.

Fetal Alcohol Syndrome/Fetal Alcohol Effects: Strategies for Professionals by Diane Malbin, Hazelden, 800-328-9000.

Understanding the Occurrence of Secondary Disabilities in Clients with FAS and FAE, Final Report 1996, Ann Streissguth et al, U of WA, FADU, Seattle, WA (206)543-7155.

Fetal Alcohol Syndrome, A Guide for Families and Communities, Streissguth 1997, \$22.95, ISBN 1-55766-283-5

National Organization on Fetal Alcohol Syndrome (NOFAS), (800)66-NOFAS.

Family Empowerment Network, Madison, WI (800)462-5254.

The Arc: www.thearc.org
Arizona toll-free: (800)252-9054.

Arizona Center for Disability Law
Tucson: (520) 327-9547
Phoenix: (602) 274-6287
Statewide: (800) 927-2260

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FAS Arizona: www.fasarizona.com

Permission was granted in July, 2002 to the Parent Information Network, Arizona Department of Education, Exceptional Student Services, by Teresa Kellerman Director of the FAS Community Resource Center, 7725 E. 33rd St. Tucson, AZ 85710 AAV DR22